

Highlander's Handbook of Health and Wellness



A vertical spiral binding in the center of the page, with a red line running through the middle of the spiral.

Suicide Awareness

A graphic of a spiral-bound notebook with a red cover and a red spiral binding in the center. The left page is teal and features the text 'SUICIDE PREVENTION AWARENESS MONTH' in white and green, along with a quote and a website. The right page is white and features the text 'September is Suicide Prevention Awareness Month' and 'Suicide is a preventable problem.' in purple and green.

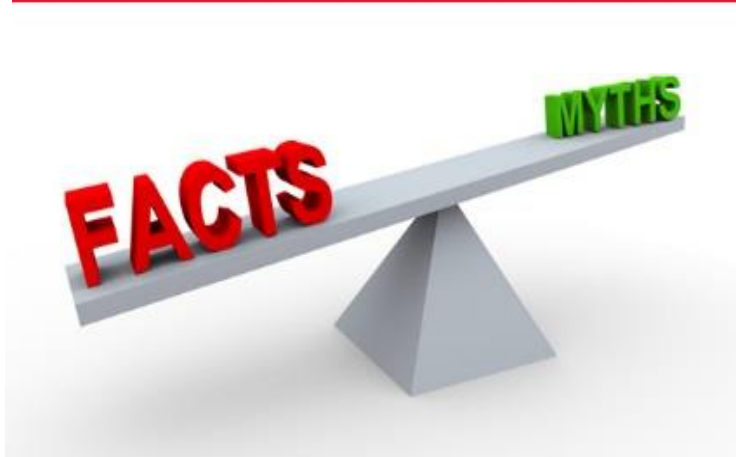
SUICIDE PREVENTION AWARENESS MONTH

[One conversation can change a life.]

NAMI.org/suicideawarenessmonth

September is
Suicide Prevention
Awareness Month

Suicide is a
preventable
problem.



Myth: Students who write or talk about suicide are just looking for attention.

Fact: Students who write or talk about suicide are usually at risk and are asking for help.

Myth: There are usually no warning signs when suicide occurs.

Fact: 90% of suicide victims gave a warning to friends and/or family.

You Matter

Myth: Talking about suicide will encourage suicidal behavior.

Fact: Research shows that talking about suicide gives troubled students the chance to unburden themselves and get help.

Myth: Everyone who dies by suicide was depressed.

Fact: The majority of people who die by suicide were depressed but many were angry, impulsive, or under the influence of drugs or alcohol.



Are you worried about
someone you know who
may be at risk for suicide?

Learning the FACTS or
warning signs is your first
step in helping someone.



F EELINGS

A CTIONS

C HANGES

T HREATS

S ITUATIONS

These facts or signs can help you recognize a friend that is at risk for suicide.

F EELINGS

Expressing hopelessness about the future

A CTIONS

Showing severe or overwhelming pain or distress

Learn the FACTS!

C HANGES

Showing worrisome or big changes in behavior like withdrawal from friends, anger, hostility, or changes in sleep or appetite

T HREATS

Talking about, writing about or making plans for suicide

S ITUATIONS

Experiencing stressful situations like loss, change, personal humiliation, or getting into trouble. These can be *triggers* for suicide.



If you notice any of these warning signs you can help by:

1. Asking your friend about suicide and expressing your concerns
2. Listening to your friend
3. Telling a trusted adult

Help
ask · listen · tell

it's okay
not to be
okay

What if you need help?

Tell someone how you are feeling

You will not be a burden

People do care about you

You will not add to another
person's problems

The world will not be
the same without you

Who should you tell?

Family member Friend

Trusted adult

Teacher, Counselor, Coach, Principal

NATIONAL

SUICIDE

PREVENTION

LIFELINE

TM

1-800-273-TALK (8255)

suicidepreventionlifeline.org

TWHS COUNSELORS

A-Bru – Mrs. Hollie
Brv-Dej – Mrs. Peery
Dek-Gom – Mrs. Turner
Gon-Jom – Mrs. Clarke
Jon-Man – Mrs. Algaze
Mao-Nor – Mrs. Iribarren
Nos-Rod – Mrs. Bethell
Roe-Tah – Ms. Chambers
Tai-Z – Mrs. Farris

We want to help!

1-888-Kid Chat
543-2428

you. are. enough.

Resources

You Matter

www.youmatter.suicidepreventionlifeline.org

Society for the Prevention of Teen Suicide

www.sptsusa.org

National Suicide Prevention Lifeline

www.suicidepreventionlifeline.org

CRISIS TEXT LINE |

TM

Text START to 741-741

1-800-273-TALK (8255)

YOU ARE
ENOUGH

YOU ARE SO ENOUGH
IT IS UNBELIEVABLE
HOW ENOUGH YOU ARE